



# The 7 Lively Sins: How to Enjoy Your Life, Dammit

*Karen Salmansohn*

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## **The 7 Lively Sins: How to Enjoy Your Life, Dammit** Karen Salmansohn

You've been told again and again to avoid those seven deadly sins: lust, anger, pride, sloth, envy, gluttony, and greed (insert "boo-hiss" here). Oh yes, you know they're bad, you do your best to beat them down, dammit. But what if, just what if, you should be indulging in these baddies rather than shunning them? What if a life reveling in the seven sins would bring you overwhelming happiness and never-ending fulfillment? And what if there were seven other sins that you really should be dodging? In **THE 7 LIVELY SINS**, best-selling author of **HOW TO BE HAPPY, DAMMIT** Karen Salmansohn turns the familiar sins on their heads and dares us to explore them with gusto. What's more, she unmaskes the seven so-much-deadlier sins: emotional masochism, guilt, fear, repression of self-expression, need for speed, worry, and apathy. These are the real spirit-killers; invite these into your life and you're guaranteed to have enjoyment problems. So what to do? Be lustful, be joyful. Be greedy, be happy. Restores the seven deadly sins to their rightful place of honor, and presents a new set of sins that we should all look out for. Presents 44 life lessons for a sin-free, contentment-filled life. From the same author-and-designer team that created **HOW TO BE HAPPY, DAMMIT**, which has sold 85,000 copies.

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